ABSTRACT OF THE DISCLOSURE

A phase change optical recording medium according to an embodiment of this invention includes a substrate, a reflecting layer which reflects a light beam, a phase change recording layer which is arranged between the substrate and the reflecting layer and changes between a crystalline state and an amorphous state when irradiated with the light beam, a first dielectric layer which is arranged between the substrate and the reflecting layer, and a second dielectric layer which is arranged between the substrate and the first dielectric layer and has a thermal conductivity lower than that of the first dielectric layer.